

## SAFE SLEEP SAVES LIVES!

One of the most important decisions you will make as a new parent is where and how you place your baby to sleep. If you follow these safe sleep rules, you will help protect your baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep.

- Always place your baby to sleep on his back. Side and tummy positions are not safe.
- Use a crib that meets current safety standards. The mattress should be firm and fit snugly in the crib. Cover the mattress with only a tight-fitting crib sheet. Portable cribs and play yard style cribs are also good choices.
- Do not put anything soft, loose or fluffy in your baby's sleep space. This includes pillows, blankets, comforters, soft or pillow-like bumpers, stuffed animals and other soft items.
- Use a sleep sack or other type sleeper instead of blankets to keep your baby warm and safe.
- Place your baby's separate, safe sleep space near your bed to help you protect her and make breastfeeding easier. This is called room sharing.
- Falling asleep with your baby in bed or on a couch or armchair is dangerous. Room share instead.
- Never place your baby to sleep on top of any soft surface. This includes adult beds, waterbeds, pillows, cushions, comforters and sheepskins.
- Do not use wedges or positioners to prop your baby up or keep him on his back.
- Make sure your baby doesn't get too warm during sleep. Use light sleep clothing and keep room temperature at what would be comfortable for a lightly-clothed adult.
- Offer your baby a pacifier every time you place her down to sleep. If you are breastfeeding, wait until nursing is well established before using a pacifier (usually around 1 month.)
- Educate everyone who cares for your baby about these safe sleep rules!



### OTHER IMPORTANT TIPS

- Do not smoke when you are pregnant and make sure that no one smokes around your baby after he is born.
- Get good prenatal care as soon as you know you are pregnant and keep all your doctor's appointments.
- If possible, give your baby only breast milk for at least the first six months.
- Give your baby lots of tummy time when she is awake and being watched. This helps make her arm and neck muscles strong and prevents flat spots on the back of her head.

**FOR MORE INFORMATION ON WAYS TO HELP YOUR BABY SURVIVE AND THRIVE,  
VISIT [WWW.FIRSTCANDLE.ORG](http://WWW.FIRSTCANDLE.ORG) OR CALL 1.800.221.7437.**

